

## Kaiser Permanente Supports Arrowhead United Way to Produce Healthier Communities



*Left to right: Loma Linda School of Public Health students Shannon Beasley, Mary Ann NYC, and Gary Huang*

**San Bernardino, CA, January 26, 2011** – Kaiser Permanente generously granted Arrowhead United Way (AUW) \$13,000 to continue their Community Health Awareness program which offers health education courses on proper nutrition and obesity prevention. The Community Health Awareness program aligns with one of United Way's three major goals: to increase, by one-third, the number of youth and adults who are healthy and avoid risky behaviors.

AUW has partnered with the Loma Linda University, School of Public Health Peace Corps Fellows/USA Program to have three students conduct community health education workshops to community-based organizations. The workshops will focus on the unmet health related needs of minority individuals and families, particularly African-American and Latino populations. The expected outcomes of the Community Health Awareness Program are to increase the awareness of healthy behaviors regarding nutrition and obesity and increase healthy behaviors regarding nutrition and obesity.

"The formation of this partnership is very exciting and a win-win situation," Kate Reinsma, the Peace Corps Coordinator in the Loma Linda University, School of Public Health stated. "It gives our students who have had phenomenal cross-cultural experiences serving with the Peace Corps and the technical skills from a Masters Program in Public Health an opportunity to share and work in areas of public health need right here in San Bernardino. We hope by forming this unique partnership we can further assist the community-based organizations in the area."

AUW is a volunteer driven organization that actively supports health and human services by focusing on education, income, and health. These services address the underlying causes of the community's issues

and create lasting change. The organization was established over 118 years ago and is led by prominent respected community leaders; it is one of the oldest United Ways in the country.

AUW encourages individuals to become more involved in the community by giving, advocating, and volunteering. For more information about how to become involved with AUW, please call (909) 884-9441 or visit [www.ArrowheadUnitedWay.org](http://www.ArrowheadUnitedWay.org).